

# Pesto

From – *Asparagus to Zucchini: a Guide to Farm-Fresh Seasonal Produce*

¾ cup extra virgin olive oil  
1 clove garlic  
1 Tbsp pine nuts or walnut pieces  
¼ tsp salt  
1/3 cup freshly grated Parmesan  
4 cups fresh basil leaves

- Place all ingredients except basil leaves in blender or food processor.
- Blend until smooth, then add basil a handful at a time, blending until all the basil is incorporated and pesto is somewhat smooth.

Suggestions for use:

- Mix with cold or hot pasta, rice or other grains.
- Use as a sauce for fish, chicken or pork.
- Top a baked potato or fill an omelet.
- Use to flavor pizza or tomato sauce, dressings, yogurt, etc.

Variations:

- Substitute cilantro for basil and add a little lemon or lime juice.
- Substitute mint for basil.



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